

5 fun games to get moving!

1) Jump Rope – If the weather's too cold, find an open space indoors with high ceilings, like a hallway.



2) Dance Party – Turn on your favorite jams and shake your groove thang.

3) Balloon Ball – Try to keep a balloon off the ground or hit it back and forth over an obstacle used as a “net.”



4) Obstacle Course – Using soft furniture, build an indoor obstacle course. Consult your parents to make sure it's safe before trying!



5) Animal Races – Hop like a bunny, waddle like a duck, or race while acting like an animal. This one should only be played outdoors!

Fruit & Veggie *Crossword*

BANANA
BLACKBERRY
CARROT
LEEK
LEMON
LIME
MELON
ONION

PEAR
PEAS
RADISH
STRAWBERRY
SWEETCORN
TURNIP
YAM

